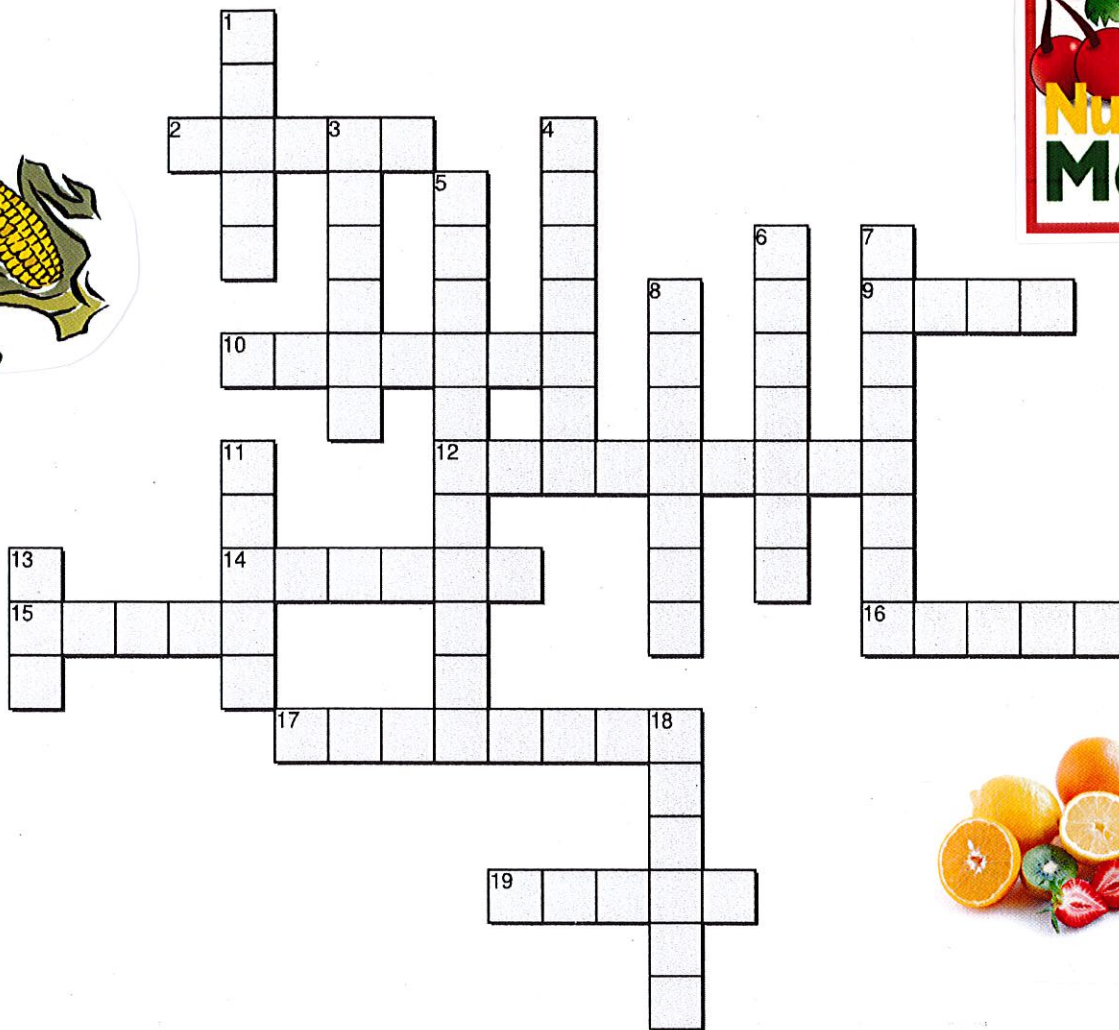


## Nutrition Crossword Puzzle

Complete the crossword below



Created on [TheTeachersCorner.net](http://TheTeachersCorner.net) Crossword Maker

### Across

2. True or False. Most of the salt people consume is added at the table.
9. A deficiency in this mineral may cause anemia.
10. Fish, meat and legumes are a good source of.
12. Bananas are a good source of this mineral, but potatoes have more.
14. The number of minutes needed daily to exercise for good health.
15. (Blank) grain breads are healthier than white.
16. According to the USDA's MyPlate, we need 2-3 servings from which food group.
17. The amount of energy in a particular food is measured in.
19. (Blank) Acid can help prevent some birth defects.

### Down

1. This is a fuzzy stone fruit.
3. A good source of Omega-3 Fatty acids.
4. A palm tree grows these.
5. The opposite of a sour potato.
6. This mineral helps you build strong bones.
7. What vitamin is also known as the sunshine vitamin.
8. Dried grapes are called.
11. It's important to consume this when increasing fiber in your diet.
13. Bacteria begins to grow within how many hours if not refrigerated.
18. Salt is listed as this on most food labels.

Down: 1.Peach 3.Salmon 4.Coconut 5.Sweetpotato 6.Calcium 7.VitaminD 8.Raisins 11.Water 13.Two 18.Sodium  
Across: 2.False 9.Iron 10.Protein 12.Potassium 14.Thirty 15.Whole 16.Dairy 17.Calories 19.Folic